

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/easy-to-read/prevent-getting-sick/how-covid-spreads.html>

## **COVID-19 is a Virus**

COVID-19 can spread easily.

COVID-19 can spread between people.

COVID-19 can spread when people are too close.

COVID-19 can spread when people cough.

COVID-19 can spread when people sneeze.

COVID-19 can spread when people talk.

COVID-19 can spread when people sing.

Stay away from crowds.

Stay away from inside places with lots of people.

Stay away from people who are sick.

Stay away from people if you are sick.

## **COVID-19 May Get on Your Hands**

COVID-19 may get on your hands if you touch things.

Wash your hands after you touch things.

You may spread COVID-19 to animals.

Avoid touching animals outside your home.

Wash your hands after you touch animals.

## **Stop COVID-19 Every Day**

Stay at least 6 feet away from people outside your home.

Stay away from people who are sick.

Wear a mask to protect everyone.

The mask must cover your nose.

The mask must cover your mouth.

The mask must fit under your chin.

The mask must be snug on your face.

Make sure breathing is easy.

Wash your hands often.

Wash your hands with soap and water.

Wash your hands for 20 seconds.

Sing the happy birthday song twice while washing your hands.

Use hand sanitizer if that is all you have.

Rub the hand sanitizer all over your hands.

Rub your hands until they feel dry.

Washing your hands with soap and water is best.

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